

Horchata

Makes: 5 Servings

Ingredients

1 cup white rice, long-grain uncooked
5 cups water
1/2 cup milk, 1%
1/2 tablespoon vanilla extract
1/2 tablespoon ground cinnamon
2/3 cup sugar

Directions

1. Pour the rice and water into the bowl of a blender; blend until the rice just begins to break up, about one minute. Let rice and water stand at room temperature for about three hours.
2. Strain the rice water into a pitcher and discard the rice. Stir the milk, vanilla, cinnamon, and sugar into the rice water. Chill and stir before serving over ice.

Notes

Horchata is a traditional Mexican beverage made with rice and flavored with lime, cinnamon, or sugar.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	160	
Total Fat	0 g	0%
Protein	2 g	
Carbohydrates	38 g	13%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	20 mg	1%